

Bexhill Ramblers – Walkers Check List

This check list is provided to give guidance to our walkers.

Please be aware that we do not allow dogs on any walks.



Before the walk

- Make sure you have familiarised yourself with the details on the Walk Programme: dates/meeting time and place/distance and grading of walk/leader contact details.
- The distances we walk are shown on the Walks Programmes.
- We designate the severity of the walks: Easy (1-2 stiles/few hills), Moderate (a few stiles/a few inclines) and Difficult (several stiles/several inclines). This is only a guide.
- From the Walk Programme you should know what you are letting yourself in for before joining a walk.
- Check and assess the weather forecast. Contact the Walk Leader if you are unsure the walk will go ahead.
- Check personal gear appropriate for the conditions. Ideally include a personal first aid kit. Emergency contact details should be carried if applicable.
- Check mode of transport: public/private.

On the Day of the Walk

- Be punctual and introduce yourself if you are a newcomer.
- Be aware of all the instructions given by the Walk Leader.
- Try to keep a reasonable pace as set by the Walk Leader.
- Be alert to any problems (individual, weather, road walking etc.), involve others in the party as necessary.
- Always follow the Countryside Code.
- Enjoy the walk.

At the end of the walk.

- Make sure the Walk Leader has checked you in.
- Be aware of any Social Event afterwards.

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